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1. A safety harness, comprising:

a body harness assembly positionable on a user's body, the body harness assembly comprising a left shoulder strap and a right shoulder strap, said shoulder straps crossing in the back, while sliding through a lanyard securing member;

5 a resilient suspender assembly having a first branch and a second branch, a front end of the first branch being fixedly attached to the left shoulder strap, a front end of the second branch being fixedly attached to the right shoulder strap, a back end of the first branch and a back end of the second branch being fixedly attached to the lanyard securing member positioned centrally with respect to the left shoulder strap and the right shoulder strap on a back side of the body harness.

10 2. The device of Claim 1, wherein each said left shoulder strap and said right shoulder strap have elastomeric resilient portions located adjacent apexes of the shoulder straps.

3 3. The device of Claim 1, wherein first branch and said second branch of the suspender assembly is sewn to said left shoulder strap and said right shoulder strap respectively.

4. The device of Claim 1, wherein said body harness further comprises a belt for encircling the user's waist, and wherein each of said shoulder straps terminates at said belt.

5. The device of Claim 1, wherein said body harness comprises a belt for encircling the user's waist and a pair of thigh straps, and wherein said shoulder straps extend below said belt and are fixedly attached to a respective left and right thigh straps.

6. The device of Claim 1, wherein said shoulder straps are provided with padded members located at the apexes of said shoulder straps.

7. The device of Claim 4, wherein said body harness further comprises a breast strap slidably engaged between said left shoulder strap and said right shoulder strap above said belt.

8. The device of Claim 4, wherein said belt is provided with a padded member encircling at least a back portion of said belt. 8

9. The device of Claim 4, further comprising a vest sized and shaped for positioning on the user's torso, and wherein said body harness is sewn to said vest. 17

10. The device of Claim 5, further comprising a seat strap secured between said thigh straps. 8

11. The device of Claim 5, further comprising a jacket sized and shaped for positioning on the user's torso, and wherein said body harness is sewn to said jacket. 17

12. A safety harness, comprising:

5 a body harness assembly positionable on a user's body, the body harness assembly comprising a left shoulder strap and a right shoulder strap, said shoulder straps crossing in the back, while sliding through a lanyard securing member and wherein each said left shoulder strap and said right shoulder strap have elastomeric resilient portions located adjacent apexes of the shoulder straps;

10 a resilient suspender assembly having a first branch and a second branch, a front end of the first branch being fixedly attached to the left shoulder strap, a front end of the second branch being fixedly attached to the right shoulder strap, a back end of the first branch and a back end of the second branch being fixedly attached to the lanyard securing member positioned centrally with respect to the left shoulder strap and the right shoulder strap on a back side of the body harness;

15 a belt for encircling the user's torso at a waist line; and

a breast strap slidably engaged between front portions of said left shoulder strap and said right shoulder strap.

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13. The device of Claim 12, further comprising a vest sized and shaped for positioning on the user's torso, and wherein said body harness is sewn to said vest.

14. The device of Claim 12, wherein first branch and said second branch of the suspender assembly is sewn to said left shoulder strap and said right shoulder strap respectively.

15. The device of Claim 12, further comprising a pair of leg straps, each of said leg straps being fixedly secured to a corresponding shoulder strap.

16. The device of Claim 15, further comprising a jacket, and wherein said body harness of sewn to said jacket.

17. An article of clothing to be worn on a user's torso, comprising:
a vest shaped and sized to cover an upper torso of the user; and
a harness assembly sewn to the vest, the harness assembly comprising a left shoulder strap and a right shoulder strap, said shoulder straps crossing in the back, while sliding through a lanyard securing member positioned centrally in relation to said shoulder straps in a back portion of the vest.

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18. The device of Claim 17, wherein said safety harness assembly further comprises a breast strap extending between and secured to said shoulder straps and a belt strap, and wherein said shoulder straps are secured to said belt strap.

19. The device of Claim 18, wherein said vest is provided with a longitudinally extending closure member in a front of the vest, and wherein said belt strap and said breast strap are each provided with a closure member for adjusting snug positioning of the safety harness assembly in relation to the user's torso.

20. An article of clothing to be worn on a user's torso, comprising:
a jacket shaped and sized to cover an upper torso of the user; and

a harness assembly sewn to the vest, the harness assembly comprising a left shoulder strap and a right shoulder strap, said shoulder straps crossing in the back, while sliding through a lanyard securing member positioned centrally in relation to said shoulder straps in a back portion of the vest.

21. The device of Claims 20, wherein said safety harness assembly further comprises a breast strap extending between and secured to said shoulder straps, a belt strap, and a pair of leg straps, and wherein said shoulder straps are secured to respective left and right leg straps.

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